

Building Healthy Communities

The Washington State Department of Health received a \$3.2 million **Community Transformation Grant** (CTG) award from the federal Centers for Disease Control and Prevention as part of the Affordable Care Act in 2013. This money will continue to support efforts to prevent chronic disease where we live, learn, work, and play. We do this by focusing resources in communities where people do not have an equal opportunity to make the choices to live a healthy life, in part because of their income, education, or ethnic background.

Focus areas of our work

We are making environmental, program, and system changes with sustainable results in four priority areas and have seen many successes in the past two years.

Strategic Changes. Sustainable Results.

Statewide Chronic Disease Statistics

In Washington, nearly **two out of three** deaths each year are from diseases related to smoking and obesity. These include heart disease, stroke, cancer, diabetes, and chronic lower respiratory disease.

Deaths:

2011: More than 10,400 people died of heart disease.

2011: Nearly 2,600 people died of stroke.

2011: Nearly 12,000 people died of cancer.

Disease burden:

2011: An estimated 194,000 adults were living with the effects of a heart attack.

2011: An estimated 126,000 adults were living with the effects of a stroke.

2011: About 27 percent of adults were obese.

2009: More than 37,000 people were diagnosed with cancer.

Tobacco-Free Living

- We have expanded the number of Public Housing Authorities with at least one or more smoke-free properties from 22 to 30. The number of public housing units covered by no smoking policies grew from about 9,000 in 2011 to over 33,000 units in 2013, including 9,571 located in CTG counties. There are 38 Public Housing Authorities with a total of 38,844 public housing units in the state.

Preventive Health Care Services

- We are assisting eight teams in Whatcom County and 18 teams in Thurston, Mason, Lewis and Eastern Grays Harbor counties to improve clinical preventive services through the Patient-Centered Health/Medical Home Model.
- The Public Employee Benefits Board is now offering the Diabetes Prevention Program as a covered benefit for 110,000 eligible employees of state agencies, higher education institutions and their families.
- Over 350 people have successfully completed the eight-week Community Health Worker training curriculum in preparation for health reform.

Active Living

- Formed a statewide *Safe Routes To School* external networking group with almost 100 partners. Also formed a Safe Routes to School inter-agency work group.
- Our partners at the Bicycle Alliance, Feet First, Childhood Obesity Coalition, Washington Coalition for Promoting Physical Activity and Transportation Choices helped pass the Neighborhood Safe Streets Bill (HB 1045), allowing communities to reduce non-arterial roads to 20 mph.

Healthy Eating

- The Food Procurement Workgroup is finalizing the healthy nutrition standards for vending, meetings and events, cafeterias/cafes/on-site retail and institutional food service. These standards will be piloted in three to four state agencies in early 2014.
- We were recently awarded CDC's Sodium Reduction in Communities Grant to increase the availability of low sodium foods.
- We continue to work with partners to increase participation in the school breakfast program as schools begin to implement the new breakfast standards.

Leadership Team

- Meets quarterly. Has established a charter and framework for sustainable operations, including communications and work groups.
- Members are creating work plans focusing on the four strategic areas of healthy eating, active living, tobacco-free living, and preventive healthcare services. The plans are being developed by work groups to support the work of the Community Transformation Grant across Washington.

Prevention Alliance

- Meets quarterly. Maintains cross-sector partnerships to advance the cause of prevention. Sustainable policy successes were achieved under the leadership of Prevention Alliance partners. CTG funding was not used, but the linkages and partnerships created by the Community Transformation Grant were crucial to the policy change and implementation processes.
- Members are updating a multi-year state and local policy, systems, and environmental strategies platform. Updates will include emerging strategies in each of the four strategic areas of healthy eating, active living, tobacco-free living, and community-clinical linkages.

Upcoming Opportunities

Continuing statewide efforts to make the healthy choice the easier choice where people live, learn, work, play, and get health care over the next three years, we plan to:

- Encourage smoke-free campuses and facilities. This includes state-funded college campuses and worksites.
- Strengthen preventive health care services by expanding the Washington Healthcare Improvement Network, providing technical assistance to primary care clinics, launching regional health home collaboratives and offering a new Clinical Preventive Services module on WHIN Institute, an e-learning platform.
- Release the Healthy Nutrition Guidelines developed by the Food Procurement Workgroup and promote their implementation in state agencies, schools, prisons, juvenile detention centers, and mental health facilities.
- Sustain support for the Washington State Tobacco Quitline, *Safe Routes to Schools* program, and the *Complete Streets* program.

For More Information

For more information about the Community Transformation Grant or Healthy Communities Washington please contact:

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Or visit our website at:

<http://www.doh.wa.gov/YouandYourFamily/HealthyCommunitiesWashington/TransformingWashingtonCommunities.aspx>

Data sources available upon request

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Focus areas of our work

We are making environmental, program, and system changes with sustainable results in four priority areas and have seen early successes in our first year.

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Tobacco-Free Living

- South Sound YMCA campuses are smoke-free.
- Grant County Health District has a tobacco-free hiring policy.
- Quitting Tobacco will be easier for the 786,000 estimated tobacco users in our state now that the Washington State Tobacco Quitline is funded through June 2013.
- Cowlitz and Grant County Housing Authorities now have smoke free housing. Seventeen of the 38 Public Housing Authorities in our state have comprehensive no-smoking policies. Twenty-nine have at least one property with a no-smoking policy thanks to strong community partnerships.

Preventive Health Care Services

- We created the Washington Healthcare Improvement Network to help medical offices become patient-centered health homes.
- Health homes coordinate the care a patient may need from health care providers and treat the patient as a partner in decision making.
- Launched an online training system to develop our Community Health Worker workforce, and promote common skills, knowledge, and abilities. We are on target to train 500 people this year expanding this vital workforce in our state ahead of health reform.

Active Living

- Clark, Grant and Thurston counties launched *Safe Routes to School*, a program that improves safety and increases physical activity by encouraging walking and biking to school for children of all ages.
- Spokane's *Complete Streets* ordinance creates streets that are built considering the needs of all users, including walkers, bicyclists, and drivers.
- In any given year students in 25-35 schools have the opportunity for increased physical activity by safely walking and biking to schools through the *Safe Routes to School* Grants.

Healthy Eating

- South Sound YMCAs implemented *Energize Your Meetings*, a set of healthy food and beverage guidelines for meetings and events.
- Ephrata created a community garden to increase access to fresh, local produce.
- Over 60,000 state employees will have improved access to healthy foods with vending, meeting, event, cafeteria, and retail availability through guidelines developed by our Healthy Food Procurement Workgroup.

Working Together

Leadership Team

- Met 6 times. Each meeting included a learning session about a different priority area and the strategic focus for this year.
- Members created a workplan of commitments. Everyone pledged to support healthy food policies at their worksite and adopt the *Energize Your Meetings* guidelines; promote smoke-free environments; incorporate health into their agencies or organizations strategic plans, state plans, and communications efforts; and be champions of this work with perspective local partners.

Prevention Alliance

- Met 4 times. Members established a charter and assessed the current climate and conditions to determine what environmental, program, and system changes are possible statewide.
- Members created a multi-year state and local policy, systems, and environmental strategies platform. This platform will provide a roadmap for the Washington State Department of Health and its partners to work together towards the common goal of healthy communities.

Upcoming Opportunities

Continuing statewide efforts to make the healthy choice the easier choice where people live, learn, work, play, and get health care over the next four years, we plan to:

- Encourage smoke-free campuses and facilities. This includes state-funded college campuses and worksites.
- Strengthen preventive health care services by expanding the Washington Healthcare Improvement Network to help medical offices, including Federally Qualified Health Centers, become patient-centered health homes.
- Release the model food policies and guidelines developed by the Food Procurement Workgroup and promote them in state agencies, schools, prisons, juvenile detention centers, and mental health facilities.
- Sustain support for the Tobacco Quitline, *Safe Routes to Schools* program, and the *Complete Streets* program.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).

For More Information

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